

ANNUAL NARRATIVE REPORT
NAVAJO COUNTY
ARIZONA

DECEMBER 1, 1947

to

AUGUST 21, 1948

By

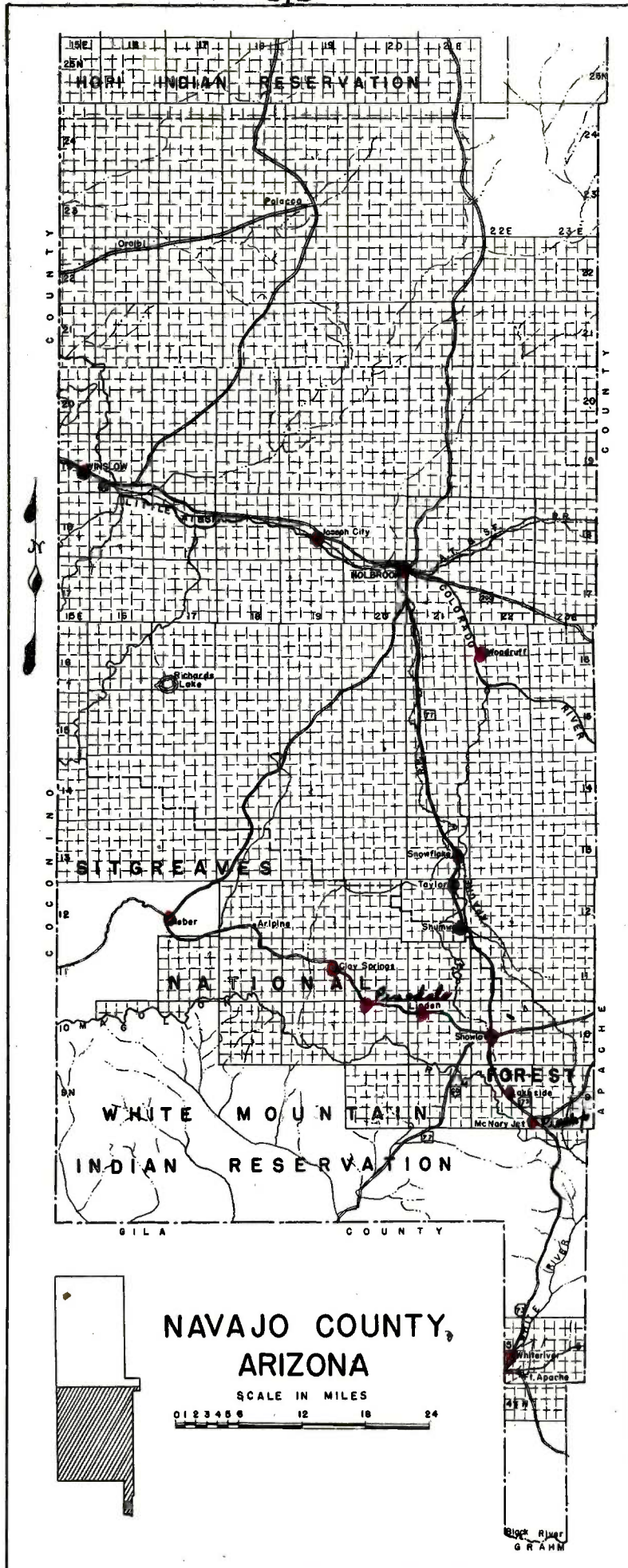
Alta Mortensen
Home Demonstration Agent

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Home Demonstration Work

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*Via Heber

** Via Showlow

4-H Clubs

Joseph City
Woodruff
Snowflake
Showlow
Taylor
Pinedale
Lakeside
Holbrook

DESCRIPTION OF COUNTY

Navajo County, in the northeastern part of Arizona, stretches from the Utah border approximately 300 miles south, and is about 60 miles wide. It is bounded on the west by Coconino County, on the east by Apache County, and on the south by Gila and Graham Counties. Indian reservations cover approximately 7/10 of this area. Highway 66, a main route to California, cuts across the County, going through Holbrook, Joseph City and Winslow. The principal part of the Extension program in Navajo County is carried on in and around the widely scattered little towns which make up, with the exception of the Indians, the population of this County, and all of which are either on, or south of, Highway 66. Holbrook and Showlow serve as main shopping centers within the County, but many people travel to Globe and Winslow for occasional shopping, and many families throughout the whole County plan at least one annual shopping tour in Phoenix.

Cattle and sheep are the chief agricultural products. With the exception of people living in Holbrook and Winslow, the majority of families produce a large portion of their food supply in home gardens and small orchards. A number of farms and ranches are on poor land, and/or are too small to provide an adequate income without supplementary sources.

There are hospitals in Winslow and Holbrook, a maternity home in Snowflake, and a small clinic in Showlow. There are doctors in these four communities, and dentists in Holbrook and Winslow. A travelling optometrist visits Showlow, Snowflake and Holbrook once a year. Many people travel to Globe, Phoenix or Salt Lake City, Utah, for medical and dental treatment. Winslow and Holbrook are the only communities that have school nurses, but through the efforts of Parent-Teacher Associations and other local organizations, immunization programs were carried on this year in Joseph City, Snowflake, Showlow and Lakeside as well. The mobile chest X-Ray unit maintained by the State Department of Health operated in five communities in Navajo County this year, and was visited by a high percentage of people throughout the County.

During 1948, the Nav-Apache REA Cooperative has succeeded in bringing power to almost all the small communities in southern Navajo County. Private power companies

have also added new lines, and have increased the quantity and quality of their power. Although a great number of farms and ranches are not yet equipped to make use of electricity, it is now available to almost every home in the County.

Roads, except sometimes in the winter months, are good. Winslow, Joseph City, Holbrook, Snowflake, Taylor, Showlow, Lakeside and Pinetop are on paved roads, and the graded roads leading to other communities are kept in fair condition. Snow and mud make travel during December, January and February unadvisable, but not impossible.

Alta Mortensen
Home Demonstration Agent
Navajo County, 1948

STATISTICAL SUMMARY

GENERAL ACTIVITIES:

Total days given to County	167
Days devoted to work with adults.....	81
Days devoted to work with 4-H Clubs.....	86
Days in office	81
Days in Field	86
Days spent outside Agent's Counties	23
Home visits made	277
Different homes visited.....	210
Office calls	304
Telephone calls	150
Individual letters written	315
Circular letters written	12
Circular letters mailed	643
News articles published	20
Bulletins distributed	1020
Adult method demonstrations	11
Attendance.....	131
Training meetings for adult leaders	2
Attendance	86
Training meetings for 4-H leaders	5
Attendance	124
4-H meetings participated in	11
Attendance	381
Other meetings of an Extension nature	9
Approximate attendance	306
Meetings not attended by HDA, held by adult leaders.	16
Attendance	280
Number of 4-H Clubs	8
Number of volunteer leaders	16
4-H meetings held by local leaders	155
Attendance	1162
Number of girls enrolled in 4-H Clubs	165

Alta Mortensen
Home Demonstration Agent
Navajo County, 1948

AGENT'S OUTLOOK FOR 1949.

ADULT PROGRAM:

In the twenty-two months this Agent has worked in Navajo County, she has seen a great many indications of the rapid growth of communities, not only in size but in cultural and economic aspects, which she believes will be characteristic of Northern Arizona in the next few years. A major step in this direction, of course, is the great degree of change that has been brought about, and will be brought about, by the electrification of many areas that have been without electricity until this time. REA development in the southern part of the County is bringing power to approximately 650 families, most of whom live on farms or ranches. A supply of relatively cheap electricity will improve living conditions in many of these homes more readily than could any other one thing. Not only will women be able to work in adequately light kitchens, equipped with running water and furnished with many labor saving devices, but in addition, they will be able to maintain closer contact with the rest of the County through improved phone service, the use of leisure time which can be spent developing contacts, and increased financial stability which should result from improved methods of production and increased development of the earning power of the farms. The Agent considers these statements more or less in the nature of "predictions", and in that respect, hesitates somewhat to put them down. However, with the wise use of this new power, a field in which the Extension Service can and should play a major role, these things are possible. Continuing to predict, the Agent looks for the establishment of a radio station in this County within the next three to five years. This development would be of great value in reaching the widely scattered population with timely information, more easily and more completely.

Other indications of growth are found in the organization and activities in Showlow and Joseph City of two new local chambers of commerce in the County, formation of women's civic groups in Snowflake and in Lakeside, and in rather substantial increases in school teachers' salaries, and the subsequent hiring of more and better qualified teachers throughout the County.

As this Agent sees it, the Extension Service will be called upon to grow with the County. There is opportunity for building upon the beginnings of a County organization of homemakers started by, and in the hands of, the Home Demonstration Agent at present. The task of helping women, long accustomed to a back seat in the management of their com-

munity and county affairs, to realize the responsibilities they have in the development of not only their homes but of their communities, and teaching them how to meet these responsibilities,---is a huge undertaking. Of course, all this growth has been, and will continue to be, a slow and laborious process, and one that the Extension Service should be proud to play a part in.

The Agent hopes that the County Council organized in 1947 will be more active in the coming years, and feels that, with patient and understanding guidance as well as a good deal of personal contact and resulting encouragement on the part of the Agent, the Council will be of great value. The women in Navajo County are very cooperative, and desire only to be shown the need for action and assistance in planning that action, to succeed.

4-H CLUB PROGRAM:

1948 has been a difficult year for 4-H Club work in Navajo County. Many leaders, anxious to cooperate with the Agent in establishing a year-around club program, have been discouraged by the difficulty of educating parents and communities to the fact that a club program can offer girls more than a chance to learn skills during the summer months. In spite of many unavoidable leadership failures and subsequent changes, the work has progressed and a foundation for future developments has been made. Club enrollments have increased substantially, but the Agent looks for a decrease in the percentage of completions. If this occurs, it will no doubt be due to the fact that girls are enrolled over a longer period of time, and that, in some instances, a program which is capable of maintaining interest over that increased period, has not been developed. Added to the fact that clubs have been without close supervision during some of the months, when much encouragement and suggestions from the Agent may have been able to hold them together--these factors have made, as the Agent has said, a hard year for club work.

However, aspects of the value of year-around club work have been recognized by almost all leaders, and by some members of 4-H Club communities. Leaders will need close supervision, and a great deal of encouragement, during the coming year, but with these, and a real interest in club girls and their problems, 4-H Club work in Navajo County can have an excellent future.

Alta Mortensen
Home Demonstration Agent
Navajo County, 1948

ADULT PROGRAM:

EXTENSION ORGANIZATION AND PLANNING:

The Homemaker's Council, formed in this area last year, met in September in the capacity of a Planning Group. With the assistance of the State Leader, they set forth what they considered the most important and fundamental problems confronting homemakers in this area during the coming year. Using the tentative outline suggested at this meeting as a basis, the Agent prepared and sent to representatives in each community, a tentative Activity Calendar (included in Appendix), which they in turn presented to the women in their communities. Requests for demonstration meetings, and assistance from the Agent were to be made from these suggested subject matter topics; and the Agent has made an attempt to conform to this suggested plan of work.

Women and groups of women have been slow to respond to requesting in advance the scheduling of a meeting in their towns on planned programs. This is due probably to their lack of experience in assuming responsibility for helping the Agent schedule and arrange for meetings and publicize them--a job which has formerly fallen almost entirely to the Agent. The first six months of the year followed the outlined program rather closely, but since only a few areas requested work from the Agent according to this program, requests for special assistance, and for "on the spot" demonstrations were given time by the Agent, when she felt they were filling a real need of women requesting them, even though they did not appear on the outlined program.

Groups that had shown great interest in helping plan the program of work, but that had taken no initiative in then seeing that the program was brought to them, proved to be the ones that have regretted most their lack of interest in scheduling meetings. At the end of the period over which planned parts of the program were carried out, and after those groups that had participated in the program "spread the word" as to the value of the meetings, many requests came to the Agent to extend the time planned for this phase of the program and to schedule additional meetings in this field, and the Agent regrets that this was impossible. However, undoubtedly now that women have had the experience of working with the Agent in a planning capacity, and have seen that plan operate, they will be more cooperative in following up their own planning, and therefore help to make such a program more successful in reaching a greater number of people.

Annual Council Meeting Held in July

The Annual Council meeting, originally scheduled for April, was held this year in July. Serving as a means of reporting on the success of our planned program, this meeting

consisted of summaries and reports from various women and groups. Those attending expressed great interest in the activities carried by these groups, and were again quick to express the hope that the same program would be repeated, so that all would have an opportunity to benefit from it. When the Agent pointed out that their responsibility for "selling" the program to their groups, and then scheduling meetings and relaying requests to the Agent in time to have them worked into the calendar of events, was essential to the success of this effort, they seemed willing and anxious to try again the coming year to plan a program and follow it. Of course, representatives are anxious to see everything of interest to their groups put into the program, and it is a task to help them understand that that is impossible, and to assist them in determining basic needs and incorporating them in the program.

The Annual Council meeting also gave the Agent an opportunity to present reports and surveys of situations in this County that need the attention of women, and that could perhaps find a place in the planning of a future program. With this in mind, the Agent had asked a local doctor, well versed in the matter of Rheumatic Fever in this area, to speak to the women. That talk, coupled with a report from an X-Ray technician with the Mobile Chest X-Ray unit that was in town, and a resulting visit to this unit by all women who had not been previously X-Rayed, succeeded in bringing to the attention of those present the health situation in Navajo County, and the need for a study of it. Because of the Agent's coming departure from the County, reorganization of the Council was postponed until a planning meeting can be scheduled early in the fall. It is hoped that another Agent can be assigned to this area shortly, because no doubt the lack of supervision and directing force an Agent gives such a group, especially in its infancy, may result in a breakdown of the foundation that has been laid for participation in the planning of an HDA's program by local women.

HOUSE AND FURNISHINGS:

Upholstering Meetings Take on Pest Control Flavor.

Answering requests of special interest groups who were unable to take advantage of the furniture repair phase of the 1947 program, the Agent conducted two demonstration meetings on upholstering. Articles of furniture to be re-covered were, of course, first cleaned and repaired. Besides giving the Agent an opportunity to teach the techniques of tying springs and re-padding furniture, evidences of a heavy infestation of moths afforded an excellent chance for the Agent to tie the work on household pest control, which had recently been carried as a part of the planned program in the County, into these upholstering meetings. In both meetings, the

group attending the meeting worked with the Agent and the homemaker, to whom the chair belonged, in readying it for re-upholstering. This gave women actual experience, under the direction of the Agent, in repairing furniture. The Agent used, in both cases, the new bulletin prepared by the Home Management Specialist, and found that the women were impressed and pleased with the clear and concise manner of presentation, and with the excellent pictures which, as one woman said, "are almost as good as seeing you do it."

An incomplete report indicates that, as a result of these two meetings, six articles of furniture have been repaired and re-upholstered, and that three women have purchased material and are planning to complete their furniture repair work within the next two months. The Agent feels that furniture care and repair are major needs of women in Navajo County, and hopes that such a program can either be incorporated into the plans for next year, or can perhaps be carried again to special interest groups.

Showlow Stages Community Clean-up Campaign.

Two 4-H Club girls in Showlow this year were especially interested in carrying home beautification projects. Since that number hardly merited a search for a leader for them, the Agent herself worked with these two girls in planning their projects, and helped them contact local citizens who could be of assistance to them. The two girls became enthusiastic about their proposed plans to clean-up and beautify their home grounds and, as is often the case, their enthusiasm spread to other people in the community. A leading business man, seeing the progress made by one of the girls, whose home is on the Highway, felt that it would be a good investment of time and effort if a beautification campaign were conducted in order that Showlow might present a more pleasing appearance to passing tourists and summer visitors. The local Chamber of Commerce agreed to back the campaign, and was successful in gaining the support of almost every organized group in the community. The Home Demonstration Agent, and the County Agent, assisted the committee chosen to formulate plans in making preparations for such an undertaking, and worked with groups on publicity, planning clean-up procedures, and in laying plans for a long-time beautification program, using native shrubs and trees. On April 1st, the campaign was set off with a parade, made up of marching units of local organizations, including the girls' 4-H Club, a small band and truck loads of trash, debris, and garbage that had been gathered from the sides of the Highway. With the help of the Forest Service, city dump grounds were selected and established, and roads to them were improved and well

marked. Prizes were offered to the group and to the individual responsible for the gathering and removal to the dump grounds of the largest number of tin cans. Business men and private home owners cooperated, and Showlow was really "cleaned up."

Assisted again by the Forest Service, plans were made for a trip into the forest to obtain trees for transplanting, and citizens who were interested in planting trees, and who had cleaned up their home premises, were able to convey their requests to the group who, working with the Ranger, would remove trees from the Forest and transport them to Showlow.

The evidences of this clean-up and beautification campaign are already visible in Showlow; and will be even more noticeable at the end of the three-year plan under which the community is now operating. However, the Agent feels that perhaps an even more important result is the cooperation and successful working together experienced by people in this community. Showlow has formerly been without civic unity to an amazing extent. Due to its rapid growth in recent years, and to the influx of new people, there has been little coordinated effort, or even any attempt to build up community spirit. This act of newcomers and old-timers working together for the benefit of the town has been a good experience for both groups, and the Agent looks for this effort, which needs and asks the cooperation of all citizens, young and old, in the community, to be a corner-stone in the wall of civic pride and responsibility the population of Showlow is now building.

FOOD PRESERVATION AND STORAGE:

Women Wrap 150 pounds of Meat at Meeting.

The Agent conducted a demonstration on preparing meat for freezing. A homemaker in Shumway had just acquired a Home Freezer, and she and her neighbors were very interested in learning as much as they could about this piece of new equipment. The Agent felt that, since this group of women are so far from a locker plant as to make it rather impractical for them to make use of its facilities, their understanding of the possibilities of a home freezer and the role it might play in a family food preservation plan was essential to them. After a discussion on planning for use of freezer space, and an examination of the box in the home where the meeting was held together with descriptions and sales circulars on other types of boxes, the Agent showed the women the various types of materials available for home use in preparing foods for the freezer. She then demonstrated preparation of meats for freezing, and packaged steaks, roasts and ground meat. After the demonstration, the women

attending the meeting, supervised by the Agent, wrapped well over 150 pounds of meat, using materials supplied by the homemaker to whom the freezer and the meat belonged. The women were very interested, and the Agent was pleased to see the enthusiasm with which they "rolled up their sleeves and pitched in." Such actual participation following a demonstration has definite advantages, and the Agent feels that the women present at this meeting were much more confident and willing to undertake their own preparation of meats for freezing, than have been women attending other demonstrations that afforded no opportunities for a directed work period. Since this meeting in January, two additional families in Shumway have purchased home freezers, and according to observations made by the Agent, are doing an excellent job of using their freezers wisely and well.

HEALTH AND SAFETY:

Homemaker's Pest Control Program Helps Pave Way for Community Campaign.

Winslow was one of the communities to request early in the season the Agent's program on Household Pest Control. The Agent was trained by the State Extension Entomologist for the presentation of this series of demonstrations. With his assistance, a meeting which included discussions of the habits of household pests, including flies, mosquitoes, cockroaches, silverfish, ants, mice and rats, together with demonstrations of methods of control, was planned and prepared. This meeting was presented twice in Winslow, and received considerable publicity by word of mouth, through bulletin boards in local housing units, and newspapers. A circular prepared by the Entomologist was widely distributed in Winslow, and was appreciated by homemakers.

Dr. J. N. Roney, the Extension Entomologist, also worked with the Home Demonstration Agent and the County Agent in presenting possible plans for community campaigns to Winslow and Holbrook. The Holbrook civic groups felt unable to undertake such a campaign this year, but the Winslow Kiwanis Club took over the sponsorship of an insect control campaign in their community. The Agent's part in the program consisted primarily in encouraging women's organizations to take an active part in the campaign, presentation of the previously mentioned Household Pest Control demonstrations, and conferring with local doctors, civic club leaders, and the County Sanitarian. Plans for the actual spraying of the community were made by a town committee with the assistance of Dr. Roney and the County Agent. Although these plans were not followed carefully, and the degree of effectiveness of the campaign was therefore not as great as it could have been, the

Agent has no doubt that the Extension Service was of great assistance to the committee responsible for the spraying and the follow-up work done by ground units. Although many citizens, particularly those responsible for the program, feel that there is much to be desired yet in the way of a truly successful campaign, this has indeed been an excellent step in the right direction. With more and better planning, and with greater adherence to those plans, and a great deal more publicity, the campaign that Winslow is now planning for the coming year will be a great success and will mean much to the town.

Other communities have shown interest in Winslow's efforts and expressed the desire to attempt such a project in their towns; and so the Agent feels that it has indeed been a very worthwhile undertaking, and is happy that the Home-maker's group and the local Relief Society in Winslow feel that their contacts and efforts in the interest of the campaign have stemmed directly from the program planned by their Council last fall.

A total of four demonstrations on Household Pest Control measures were presented by the Agent throughout the County, and were attended by approximately 75 people. The spread of this information through normal publicity channels, and by word of mouth, has been great.

CLOTHING AND TEXTILES:

46 Sewing Machines Cleaned at Five Clinics.

Again following the program planned by the Council planning group in September, the months of May and June were devoted primarily to Sewing Machine Clinics. These meetings were requested and scheduled by Council representatives in various communities, and were conducted by the Agent. Groups that requested clinics were given the choice of two dates, and were then responsible for arranging for a meeting place and the announcement throughout the community of this date, time and place. Council representatives saw to it that women who wanted to attend returned the provided card to the Agent, and that they had all the information as to equipment necessary, and details of meeting time and place. These methods of procedure worked out very well, as it not only relieved the Agent of the necessity of making all arrangements in the community, but gave the Council representatives a sense of responsibility for the attendance of women at the clinics. This assured the Agent of an almost capacity attendance (10) at each clinic.

The groups requesting a clinic were given dates. When only four communities made such requests, where one of them

who had double the number signed up to attend requested a second clinic, the Agent scheduled two additional ones there. Late in June, when word of the clinics and their success began to spread, from women who had attended on to women who had failed to make a request for any, the Agent was bombarded with pleas for more and more clinics. It was impossible to schedule more, but the Agent feels certain that this program can be carried for at least two more years in this area with great success. The old saying, "Nothing succeeds like success" can certainly be applied to Sewing Machine Clinics, which are probably the most widely discussed part of the Home Demonstration Agent's program this year.

Agent Presents Two Leader Training Meetings to
Clothing Directors.

Noting with pleasure the increased desire of Stake Relief Society Leaders to participate in the Extension Program in Navajo County, the Agent has answered their requests for assistance by presenting two leader-training meetings for their Ward Clothing Directors. One meeting dealt with fastenings and plackets, and included methods of putting in a zipper and sewing on snaps and hooks and eyes.

Knowing of the great need Clothing Directors have for assistance in preparing illustrative materials and in making plans for presentation of lessons, the Agent attempted to help them plan demonstrations and loaned them illustrative material, such as models showing steps in putting in a zipper. The construction techniques and methods taught at this meeting were carried back to 10 Relief Society sewing classes by their Directors, which means that the information was given to over 200 women.

In May, the Agent conducted a meeting primarily for Clothing Directors, but attended by over 75 women, which gave them fundamental clothing techniques and short cuts in basic sewing procedures. This series of demonstrations was well received by the Clothing Directors, and the Agent has been pleased by the many favorable comments concerning the way in which these Directors have carried the information back to their groups.

In planning for both meetings, the Agent has attempted to instil in the minds of Stake Leaders the necessity for their assistance and participation in planning the program for the coming year, and has tried to give them the picture of their needs in relation to needs throughout the County. A greater feeling of mutual understanding has resulted, and the Agent feels that cooperation with the Home Demonstration Agent will be evident in the Relief Society program in years to come.

4-H CLUB ACTIVITIES:

EXTENSION ORGANIZATION AND PLANNING:

Club Work Organized in Eight Communities.

Starting organization in December, 4-H Girls' Clubs were established in eight communities throughout Navajo County. Two of these communities have been without Club work for a number of years, and only a few girls now enrolled there are at all familiar with club work. One hundred Sixty-five girls are enrolled in the Club program under the supervision of 16 women leaders, and three Junior leaders. This year, 4-H enrollments were not accepted after April 1st, and while this has helped to convey the idea of a club program that is active other than in the three summer months, acceptance of a year around club program is not as yet widespread. Various methods were used to interest girls and their communities in 4-H Club work, and some of the most successful have been the showing of colored slides, depicting club activities in Arizona, accompanied by a running narrative by the Agent; model club meetings including talks on project work and activities presented by active club members; and community meetings conducted by the Home Demonstration Agent, assisted by senior club members. One particularly successful meeting was held in Joseph City in late December. At that time, cooperating with the other youth organizations active in the community, including the Boy Scouts and Bee Hive girls, a "Youth Award" night was held. Designed to give recognition to the work done in the community by the young people and their leaders, the program was presented entirely by them. 4-H contributions to the event included a report from a 1947 4-H Club Congress trip winner, club songs presented by groups and individuals, and presentation of 4-H membership pins earned during the past club year. Attendance at the meeting was excellent, and townspeople who had been rather unfamiliar with the club program in Joseph City were interested, and pledged their support to the work. Girls re-enrolled for club work at that time, and set a date for their first meeting of the new club year. Of course, 4-H Club work is more firmly established in Joseph City than in possibly any other town in Navajo County. The excellent response to early enrollments there is due not only to the hard work of local volunteer leaders, but to the acceptance and support of the club program by parents and neighbors. Good publicity, such as has been used in Joseph City may be one of the best methods of increasing club membership, and holding interest of members.

In those communities where more than one project club is active, monthly community club meetings are held. Parents are urged to attend, and project groups take turns in presenting the program. These community club meetings have proved very successful and help to broaden the scope of club activities.

4-H Leader Training Meetings Conducted by State Workers.

In March, over 65 percent of the women leaders in Navajo County attend at least one of a series of 4-H Leader Training meetings conducted by the State 4-H Club Leader and his Assistant, the Extension Nutritionist, and the Clothing Specialist. The Leader Training meetings consisted of an afternoon meeting conducted by the Specialists, in which methods of presenting subject matter and project requirements were stressed. The women received help in preparing demonstration material, and in planning for club meetings.

An evening meeting was conducted by Mr. McKee, the State Leader, and Mrs. Ellen Kightlinger, his Assistant. They presented problems of organization and methods that have been used to solve such problems, and discussed with the Leaders project requirements. Plans for securing parent and community support were discussed, and colored slides of 4-H project work and activities throughout Arizona were shown. These meetings were generally received by parents and leaders, and were one more step in the effort to help parents as well as leaders assume a responsibility for the success of the 4-H Club program.

The meetings, coming as they did in March, were a good foundation for club leaders in planning their club programs. The Agent feels that such leader training is essential, and that if similar meetings were conducted each year, and followed by other leader aids and suggestions, as well as meetings conducted by the Agent, 4-H leadership in the County would become more stabilized and permanent.

4-H Leader Material on Safety Prepared.

In the attempt to provide for Leaders material that would give them specific help and suggestions for incorporating some activity into their club program, the Agent prepared and distributed to Leaders the mimeo entitled "Safety First", included in the Appendix. Leaders liked and made use of the information thus presented, and all but one club in the County held at least one meeting on Safety, and several held a series of safety meetings. The Agent does not believe in "flooding" Leaders with source material and suggestions, but she does believe that specific recommendations are a good help to Leaders, especially if they are attempting something new. Approximately 100 4-H Club girls have made a safety survey of their own homes, and no doubt in the future Safety will become an accepted part of 4-H Club programs.

Posture Meetings Conducted by Agent.

The Agent planned and presented meetings on posture to six 4-H community Clubs in the County. Feeling that the presence of the Home Demonstration Agent at a regular Club meeting early in the Club year is desirable because (a) it gives the Club members and leaders a sense of security in that they feel

the Agent is personally interested in their Club program; (b) it often helps to set an example of an orderly well-run Club meeting; and (c) it gives the Agent personal contact with 4-H Club Leaders' problems in local club meetings;-- the Agent has used this area for such attendance at meetings. Posture in this area is a real problem, and needs emphasis placed on it; and very few Leaders are even partially equipped or trained to present information on this subject. The Agent found the girls and Leaders interested in this phase of a health program, and would strongly recommend that Leaders be given some training in this field next year.

It is interesting to note that girls who were present at these posture meetings now associate correct posture with 4-H Club work. Two Leaders have reported that by going through a simple posture exercise at the beginning of clothing club meetings, girls remain more or less conscious of their posture throughout the meeting. Perhaps project work and concentration on it at these meetings has suffered a little, but the improvement in posture and the interest taken in good posture has more than made up for this.

PROJECT WORK:

4-H Apron Subject of Mimeo.

As a supplement to the 1st year clothing bulletin, the Agent, using information and directions sent her by the Clothing Specialist and presented by that Specialist in 4-H Leader Training meetings, has prepared and distributed to all clothing leaders and 1st year 4-H Club members a mimeographed set of instructions for making a simple apron. It is hoped that this will bridge the gap until the present bulletins are revised and re-issued. This Mimeo appears in the Appendix.

This year the Agent has done very little leader training in subject matter fields. The good information and training received at the March Leader Training meetings from subject matter Specialists would have been more effective and more meaningful if the Agent had found it possible to follow-up these meetings with another meeting early in the summer. Such a meeting would not be a repetition of the work presented by Specialists, but would refresh the minds of Leaders by a quick review of it, and would develop further skills based on this first meeting. While the Agent feels that activities are an important part of club work and club meetings, project work and accomplishments in these fields are basic to any club program, and need perhaps a little more attention than they received in Navajo County this year.

95 Attend 4-H Girls' May Day Program.

Hoping to provide a better basis for selection of State 4-H Club Round-up delegates from this County, the Home Demon-

stration Agent and Leaders planned and presented a full day of 4-H judging, demonstrations and recreation in Holbrook on May 1st. All girls enrolled and active in 4-H Club work were eligible to attend. Each club was allowed to enter a senior and a junior demonstration team from each project group, and each girl attending was urged to participate in the judging contests.

Eleven demonstrations were presented, ranging from a demonstration by two Boosters, showing the proper method of measuring a cup of flour, to making baking powder biscuits in the Meal Planning division; and from threading a sewing machine, to putting in a zipper, in the clothing department. A demonstration on grooming was also presented. The demonstrations were rated by all Leaders attending, and their scores and comments were used as a basis for selecting the outstanding teams in each class. These teams were designated as official delegates to the State Round-up, and being thus selected, the Agent feels that teams felt more responsibility for the success of their demonstrations than they have felt formerly, when they have been selected on the basis of who could attend the Round-up.

The judging contests conducted as a part of this May Day celebration were only fairly successful, because no plans had been made to accommodate such a large group of girls; and girls with no experience judged along with girls who had considerable experience. Nevertheless, all the girls enjoyed the judging, and learned much from it. The high point judges were chosen to make up the County judging teams.

The Dress Revue served as a good experience for the girls who were to represent the County at Tucson, and gave other Club members an incentive to do more and better clothing work. It is hoped that in the future there will be enough competition in the senior Dress Revue at the County level, so that it, too, can become a part of such a day.

In both the demonstration contests and the judging contests, the Agent was very pleased with the attitude of the girls and their Leaders. They were interested in participating and in learning all they could about these two phases of 4-H Club work, both of which are fairly new to the majority of them. Of course, such a basis for selecting County delegates gave the girls a feeling that a trip to the State Round-up in Tucson is really something that must be earned. Of course, the day also served as an opportunity for Club members and Leaders from all over the County to get together and enjoy each other, which in itself is a desirable thing.

State 4-H Club Round-up Attended by 19 Girls
and 3 Boys.

It was gratifying to the Agent to see with what increased interest Leaders prepared their club members for participa-

tion in the Round-up when they returned. The Agent feels that it is an indication of their increased interest in the State Club program, and should mean that they are anxious to become a part of that program.

All the girls and the Leader attending the Round-up enjoyed themselves, and brought back much enthusiasm and good information to their Clubs. Of the 19 girls who attended, only 9 of them had ever been further south than Globe, and only five had ever been to Tucson before. They profitted much by this trip to Tucson, and the opportunity it afforded them to see more of their State and of the University.

4-H Clubs to Complete Work in August & September.

The Agent, in preparation for leaving the County, has attempted to schedule dates for 4-H Club Achievements. However, since school opening dates were not announced until the middle of August, many of these dates were of necessity changed. It is regrettable that there is no time which is a good time for an Extension worker to leave his or her County, but it is doubly regrettable that this Agent has found it necessary to leave at a time when Clubs need close supervision and much assistance. However, despite the fact that this year has been a busy and a hard year for the 4-H Club Leaders in Navajo County, the Agent feels that they have made progress in developing their club programs. If more time could be devoted to 4-H Club work in the next two years, that additional time would reap great dividends in Navajo County.

Alta Mortensen
Home Demonstration Agent
Navajo County, Arizona
1948.

APPENDIX

SEWING MACHINE CLINIC

PLACE _____ DATE _____ TIME _____

BRING: Your sewing machine - in the cabinet, if possible

Also: Oil can
Screw drivers - large one and small one
Pliers
Old toothbrush
Rags, old papers
Scrap material to test stitching on
Machine oil
Muffin tin or 6 old cups
Pie pan
Dripper -- or shallow pan to hold head of machine
Hand cream or lotion

Be sure you wear old clothes or an apron

Bring a sack lunch -- no time to eat a big dinner
and wash dishes

Cleaning a machine thoroughly and adjusting it is a
big job. We shall hope to be through by 3:30 or
4:00 P.M.

Fill out information card and mail it to the Home
Demonstration Agent as soon as possible.

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS
U. S. DEPARTMENT OF AGRICULTURE AND STATE LAND-GRANT COLLEGES COOPERATING
SEWING MACHINE CLINIC

_____ Meeting place _____ Date _____ Time _____

I would like to clean my machine at the Clinic above mentioned.

The name of my machine is _____

I have had it for about _____

It has a long bobbin _____; round bobbin _____

I have () or have not () been using my machine.
(Check one)

Signed _____

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook
October 9, 1947

Dear Council Representative:

Enclosed is a tentative activity calendar of the Home Demonstration Agent for 1948. This program as it stands has been worked out by your Executive Board, using the suggestions and recommendations made at our last Council planning meeting in early September. We have blocked this out in months, so that you may see quickly what sort of a program I will be carrying during the entire year of 1948. The 4-H Club program and special things that require my time are shown on this calendar, along with the adult program. This is your first attempt at planning your Home Demonstration Agent's program, and the success of such a program will require support from all the women in this area. The following explanations will help you interpret the calendar to your group:

FLY CONTROL: The planning committee felt that there is much that we, as rural women, can do in sponsoring a campaign to control flies in this area. This means that, during the month of February, all groups interested in this part of our program should plan to hold or sponsor a meeting at which fly control measures would be demonstrated and explained. During the months of February and March all groups should plan to give publicity to our campaign, and support it in every way possible.

ANNUAL HOMEMAKERS COUNCIL MEETING: Our April meeting in 1947 was a success. If the women in your group or community are interested in having another similar meeting, plans will be made for it.

SEWING MACHINE CLINICS: Sewing machine clinics will again be a part of the Home Demonstration Agent's program. These clinics consist of an all-day meeting at which machines are taken apart, cleaned, oiled and adjusted. I think that women in communities where such clinics were held this past year found them worth while.

COUNTRY LIFE CONFERENCE: This State-wide event for rural women will, in all probability, be held in Tucson in early June. This area did not have any representative at the 1947 Conference. Perhaps we can make plans now for each group to encourage someone to attend this very worthwhile event in 1948.

PRESSURE COOKER TESTING: It is the hope of women in the County and of the Home Demonstration Agent that pressure cooker testing stations will be set up permanently in at least three towns in this area. It will be necessary to find someone who will be responsible for taking the training, doing the gauge checking and keeping records.

WORK MEETINGS ON CHILDREN'S TAILORED CLOTHING: Our Clothing Specialist has indicated that this subject, chosen by your planning committee to be part of your 1948 program, should consist of a series of at least four meetings. During this period, each woman enrolling for this work, would plan and complete a child's garment. This would be either a made-over garment or a new one. Doubtless this meeting should be carried by a special interest group.

HOMEMAKERS COUNCIL PROGRAM PLANNING MEETING: In September it will be necessary for us to study the planning we have done this year and are putting into operation now, and to plan for the coming year.

4-H CLUB WORK: Your planning group indicated their interest in 4-H Club work, and expressed the belief that everything possible should be done to widen the scope of its program and increase the opportunities for boys and girls to participate in such a program. If your group as a whole, or as individuals, is interested in sponsoring and supporting the 4-H Club program in your community, I shall appreciate comments to that effect.

After you have studied this calendar, discuss it thoroughly with women in your community. Every woman in your town, regardless of whether she is a member of an organized group or not, should be made to feel that she can participate in our program, and should do so, if possible.

Send to me, as soon as possible, a letter containing a list of the parts of the program in which the women of your community wish to participate. Please indicate whether or not they wish to participate as an organized group (either Relief Society or Homemakers Club), or as a special interest group. The special interest group can be made up of women interested in a certain part of the program that the group does not wish to carry as a whole.

As soon as word reaches my office from all communities planning to participate in the Home Demonstration Agent's program for 1948, a definite program and general schedule of meetings will be made and sent to you. REMEMBER, your immediate replies are necessary, if your community wishes to participate in any part of this program.

Sincerely yours,

Alta Mortensen
Alta Mortensen
Home Demonstration Agent

AM/t



Plan The Work — Work The Plan

HDA'S TENTATIVE ACTIVITY CALENDAR
NAVAJO AND APACHE COUNTIES, 1948

	January	February	March	April	May	June
A D U L T		MEETINGS ON FLY CONTROL MEASURES		Annual Homemak- ers Coun- cil Meet- ing	SEWING MACHINE CLINICS	Country Life Conf. Tucson Pressure Cooker Tes- ting
4 H			Nat'l 4-H Club Week	Leader Training Meeting (Subject matter in- struction)	Nat'l 4-H Club Camp Washington D.C.	State 4-H Roundup Tucson
H D A	Year's Plan of Work					
	July	August	September	October	November	December
A D U L T	WORK MEETINGS ON TAILORING CHILDREN'S CLOTHES Pressure Cooker Tes- ting		Navajo Co. Fair Homemakers Council Program Planning Meeting	Apache County Fair	State Fair	
4 H	4-H Club Camp (1 week)	County Field Day (All-day picnic)	Local Achieve- ment Days	Club re- organiza- tion	Training for Club Officers	Nat'l 4-H Club Con- gress Chicago
H D A		HDAS' Confer- ence			Annual Reports	Annual Extension Confer- ence

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook
April 30, 1948

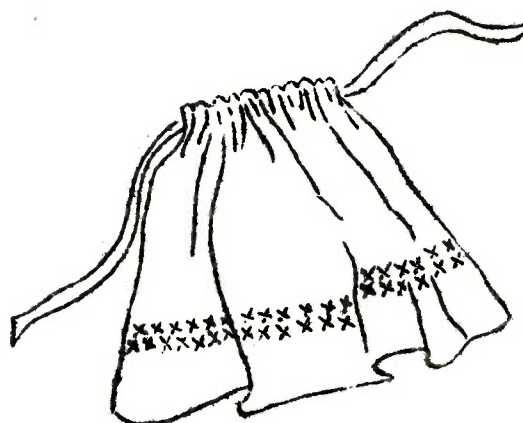
University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Service
County Agent Work
Home Demonstration Work

The 4-H Apron



(1) A gathered waist apron



(2) A draw-string apron

TWO PEASANT APRONS

Aprons are a regular part of a girl's wardrobe. They are worn to protect clothes when we cook or do housework, and so they should be easy to wash and iron. Now that you are ready to make an apron for yourself, choose the pattern and material carefully, so that your first garment will be one which you will wear proudly.

THE APRON YOU MAKE

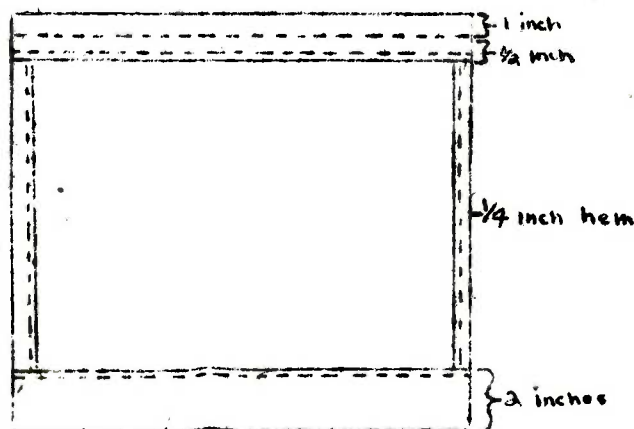
CHOOSING A PATTERN: Picking out a pattern is an important step. The material and pattern must be suited to each other. Since this is your first garment, select a pattern that is simple and on which you can do a good job. Since you make hems nicely now, it would be well to choose one with straight seams and hems. A peasant apron would be a good selection, and is quite stylish now.

SELECTION OF MATERIAL: Aprons wear better if the material used is closely and evenly woven, so choose it carefully. Materials suitable for aprons are calico, gingham, percale and print. Pick out a color that will look nice with your dresses and be becoming to you. Some girls like plain colored aprons, and others like small prints, checks or plaids. Your apron will look nice longer if you select a piece of material that will not fade. If you can find a suitable piece of material at home, it will not be necessary for you to buy any.

The lengthwise threads of a piece of material are called warp and the crosswise threads, filling. The finished edge of cloth is called a selvedge. A good quality of material has about the same number of filling threads as it has warp threads. Warp is usually a little stronger than filling, and so we always cut garments lengthwise of the material, unless the pattern gives other directions.

You can make a peasant type of apron for yourself from materials a yard wide, which measures the length of your skirt, plus two inches for a hem. Follow these steps:

1. If the material was not torn, straighten it by drawing a thread.
2. Cut a 2-inch strip from each side of the material. These pieces will make the belt.
3. Turn and stitch a hem one-quarter inch on each side.



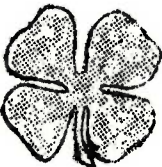
When the stitching is all done, your apron will look like this.

4. Turn a 2-inch hem at the bottom of the apron, and stitch by machine. Fasten threads by retracing stitching for one-half inch; pull threads to wrong side and tie.
5. Turn a $1\frac{1}{2}$ -inch hem at the top of the apron. Stitch close to the turned edge. Stitch again $\frac{1}{2}$ -inch up from this hem line. This stitching will form a casing for the belt. Remove bastings and press.
6. Cut the selvages from the two strips and sew them together. Fold the joined strips to form a 1-inch belt. Stitch across one end and down the side. Turn and press.
7. Pull the belt through the casing and adjust the fullness to fit you.

The completed apron should come to the top of your dress hem or two inches from the bottom of your dress skirt.

You may like to gather the apron on a plain 2-inch band at the top. This makes a nice apron, but it is more difficult to do than the one for which directions are given.

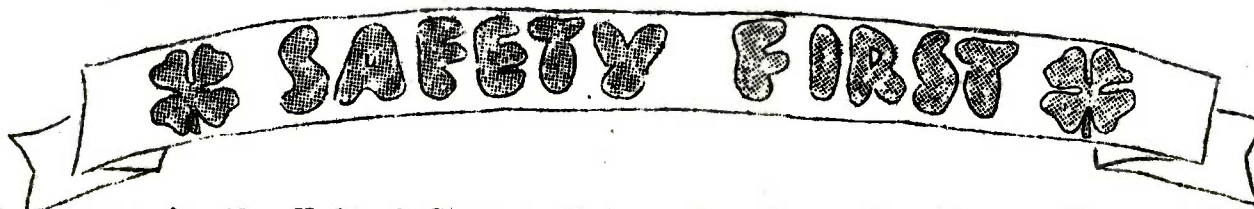
If checked material is used, a simple cross stitch design at the hemline adds to the attractiveness of the apron. A pocket is a desirable feature in an apron. Place it where it is handy to use, and keep the size and shape suited to the pattern and material. For instance, we do not put round pockets on checked material. Square pockets will look nicer.

To Make the  Best Better

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook

University of Arizona
College of Agriculture
U.S. Department of Agriculture
and Navajo County Cooperating

Agricultural Extension Service
County Agent Work
Home Demonstration Work



Each year in the United States thousands of people die as the result of accidents; millions of other people are injured through the carelessness of themselves or others. Right now, somewhere, an accident is "looking for a place to happen". To help keep Navajo County farms and homes from being such places should be an aim of every 4-H Club member in this County.



As a 4-H Leader, it is a part of your job to help boys and girls accept, practice and promote SAFETY as a 4-H principle. Of course, much good teaching of safety rules can be done incidentally, as you work with 4-H members on their projects, but in order to make certain that our boys and girls are taking an active part in protecting their homes against unnecessary accidents, it is suggested that each club plan to have at least one meeting on SAFETY.

In this letter are suggestions that will help your Club do a good job of its SAFETY program. These ideas can be suited to your club situation, and should give you other ideas that can be used successfully. If you want further recommendations, or if you need information on special phases of a SAFETY program, this office is ready and waiting to help you. Remember: Accidents can happen, and to you! A 4-H home should be a "Safety-Conscious Home."

In addition to the program suggestions mentioned, attached to this guide is a "SAFETY SURVEY REPORT BLANK". Each club member should complete this blank and put it in his record book. Order a supply for your Club from the County Office.

HELP MAKE YOUR HOME SAFE!

What INDIVIDUALS can do:

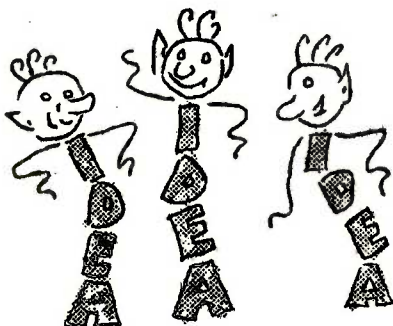
- 1 Learn safety rules that apply to farm, home and Hiway.
- 2 Practice daily safety
- 3 Make a complete "Safety Survey" of your home and farm.
- 4 Help your family learn and observe safety rules.
- 5 Give safety skits, demonstrations, and talks in 4-H and other group meetings.
- 6 Make a safety poster.
- 7 Be prepared to care for accident injuries.
- 8 Participate in all club and community safety activities.

What CLUB GROUPS can do:

- 1 Include a meeting on safety in your 4-H Club program.
- 2 Present a safety meeting to other community groups.
- 3 Have each member of your club make a "Safety Survey".
- 4 Visit homes of club members to check removal of hazard.
- 5 Make a "safety tour" of your community, and correct or report safety hazards found.
- 6 Sponsor a safety campaign in your community.

What COMMUNITIES can do:

- 1 Provide and maintain safety signs, devices and signals.
- 2 Provide equipment and facilities for caring for accident cases.
- 3 Support a community safety campaign.
- 4 Encourage club groups that are developing safety programs.



SUGGESTIONS FOR A 4-H CLUB MEETING ON SAFETY.

DEMONSTRATIONS: Good safety practices are "naturals" for demonstrations. They can be given by teams or by individuals, and can be accompanied by dialogue or given silently. Demonstrations should be geared to the experience and abilities of club members; but remember, a demonstration SHOWS HOW! This list of subjects for possible demonstrations should bring others to your mind:

Making a small rug skid-proof	How to repair a broken chair
How to put in a safe hammer handle	Making a rack to hold yard tools
Making a safe match container	Using a sharp knife safely
How to store sharp kitchen knives	How to extinguish a fire

TALKS can be prepared by club members on any of these subjects, and many **SAFETY** principles and rules that do not lend themselves to demonstrations make good subjects for short talks. Illustrated talks are particularly good, and are easy to give. Posters showing good **SAFETY** practices can be the basis for safety talks. Be sure talks give definite instructions or information. A general recitation of safety do's and don't's is often vague and meaningless.

SKITS AND PLAYLETS are excellent methods of presenting safety rules, and 4-H members enjoy staging them. A short dramatic sketch often brings home a point more forcibly than a talk or demonstration. Your boys and girls will enjoy developing their own skit, based on personal experiences or safety rules they have learned. Several short safety skits have been prepared, and are on file in the Agent's office. Copies will be mailed at your request.

GAMES with a "safety flavor" should make up the recreational part of your meeting. Lists of **SAFETY** questions that can be answered "right" or "wrong" can be used in individual quiz contests, or in a "spell down" manner. A form of charades can be played by teams, depicting in turn, a safety hazard which must be guessed and corrected by the opposing team. Mock quiz shows can be developed easily and are very entertaining. Make "safety education" in your club fun.

A **SAFETY POSTER** contest is a good method of having boys and girls actively participate in a town **SAFETY** campaign. After prizes are awarded for the best posters, they can be displayed all over the community.

SAFETY JINGLE CONTESTS, selecting a safety slogan for your club, or other novel methods of presenting **SAFETY** rules can be devised by club members and leaders. Start a contest in your club now.

These suggestions should be adapted to your club and its interests. Safe operation of a sewing machine, or safeguards when using scissors are excellent **SAFETY** topics for clothing club members. Agricultural clubs should be sure to include safety measures for handling animals, and safe farm machine operation.

NO MATTER WHAT YOUR 4-H PROGRAM --- SAFETY SHOULD HAVE A PLACE IN IT!



SAFETY SURVEY REPORT BLANK

List 12 or more Hazards

Hazards that I found in our home, on our farm, in our community, or in our automobile or tractor:	What I did to prevent them from causing accidents.	Now the situation is as follows:
Example: Standing on chair to clean windows.	Made a strong step-stool	Step-stool provides safe support for household tasks.

(Use other side if necessary)

Member's
Name _____ Address _____ County _____